

## IFS Online Circle Month 1

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Pamela Krause: Hi everyone. Welcome, welcome, welcome. I'm going to give it a minute or so for people to join. Great to see you all. So happy to have you be part of our online circle this year. Toni and I are incredibly excited about, hard to believe we're starting our fourth year of the online circle. We're really enjoying it and hope you all enjoy it too. In case you don't know, I hope you know that you've watched some of the recorded material, my name is Pam Krause. Toni Herbine- blank and I developed this program, as I was just saying, four years ago. This is our fourth time that were doing the program. We love it and we are so incredibly happy to be sharing IFS with you all. I do want to start just by saying, how much I love working with Dick and Toni on this, how much I appreciate Dick and his creation of this model that we have all loved for, well, those of us who've been around have loved it and it's changed our lives. So very, very, very happy to be sharing with you.

Just a little about me, I'm a licensed clinical social worker. My initial IFS training 21 years ago, this summer I started. So I've been around for a long time. I've been a lead trainer, well with IFS since 2005 or 2006, I can't remember. So I've been leading trainings for quite a while. I do level one and level two trainings. I also spend a lot of time, I don't even know how to say this, but creating a way to apply the IFS model to children and adolescents. It's really just sort of a translation of the model. You'll see some things that I've written about using ifs with kids and adolescents. We did a continuity program, which was a web based program on that also. So that's always been an area of interest for me. I, aside from teaching, I have a private practice right outside of Harrisburg, Pennsylvania, in a small town called Mechanicsburg, where I see now mostly adults, so not so many children any longer.

What we're going to do today is review some of the material that you hopefully have already watched the webinars. If not, this will be a review of that material. It'll probably make a little more sensitive if you've watched it, but if not, hopefully I can walk you through it. There's going to be, Erik, if you want to put up the first slide. I've divided today's presentation into... You can go, there we go. Thanks Eric. To three segments and at the end of segment two and segment three, I'll take some questions from you. And I heard from Toni that you guys are a great group and have tons of questions. So please send your questions in. I

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think that's probably one of the richest ways for us to convey the material to you during these webinars, is through your questions and where you still need information. So send those away, you know, send those in.

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Pamela Krause: The first segment is just going to be a sort of a brief overview of the model and talking about the self and how it's a healing agent in the system. The self is really, is really the main, what do I want to say? It's where it all happens in our model, right? We'll talk a little bit about that. Then segment two, I'll talk some about working with protectors and then at the end exiles and their burdens. Okay. So Eric, if you want to go to the next slide.

Before I even get into this, I want to predict that, I think if you'll remember from the material I said this is sort of like this month was really about giving you the frame. The rest of the month of the modules are gonna fill in all the puzzle pieces that go into that, like into the border that we're creating today. So my prediction is you're probably gonna want a lot more information. They're going to be parts of you that really, really, really want information that you're not going to get this month. So, uh oh, I just lost my slides. You know, so if that happens, that's perfectly normal. I just want to make sure that, you know, that we will get to all that material. We'll fill in the pieces, but we want to just create a backbone now for you all to be following.

The very basics of IFS is a very collaborative model and a very client centered model. You know, when I was trained as a therapist, you know, I was trained to, my parts were trained to be the expert and to know how to help my clients and what to do. And this IFS is different than that. We believe that while we help lead our clients through their systems, we also believe that they know exactly where they need to be going at any time. It's a much more collaborative model. And one of the things that I like the most about it is that my parts that got really tired of trying to be the expert, right? They like that they don't have to be the expert anymore. Whenever I get confused or I don't know what I'm doing or I'm lost somewhere, all I have to do is ask. And so that's why I put ask on here in capital letters. Just ask your clients, what's happening for them, what's going on so that you can, it helps reorient us to a system that we're sitting on the outside of.

Okay. So also one of the things that's fundamental to our model is this concept of self energy. And as you know the self is what's left when all the parts unblend, right? It's not a part. It's a place of you saw all those eight c's and five p's. It's a place in us that holds compassion and courage and connectedness and perspective and presence. And every one has one, as we told you. You can't early in your life be damaged in such a way that you don't have a self. We

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all have this and it's our, one of the goals of what we do in this model is to help parts unblend.

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The self is just covered over, right? It's so... I'm going to use a metaphor that one of my, Steve Krantz who's a lead trainer in New York who I've worked with forever, Steve uses this metaphor of "the self is like the sun and the parts are like clouds." Like so today in Harrisburg, Pennsylvania, it is the most overcast, cloudy, rainy day ever, right? It's just been pouring actually now for about three days. And so it looks like there's no sun or it looks like there's no self, but it's really just covered over. And eventually here those clouds will part and the sun will begin to shine through again. So it's there and the self is there in every one of us, right? And so we help parts unblend from the self so that the self can emerge just like the sun will emerge on a cloudy, rainy day.

So, you know, it's important that we help our clients access their own self energy. And at the same time, it's equally important that we as IFS therapists be able to access our own self energy. Because it's from a place of us being self led, meaning my parts are unblended enough so that I can feel my self energy. It's important that that happens or else I really can't do IFS effectively. That's one reason why the level one training for IFS is extremely experiential so people can have that experience of what their self feels like. And Toni and I did everything we could to create or to give you all in this program as many experiences of self energy as we possibly could. So that you can begin to know what that feels like for you also. And so when we're, you know, myself, my client's self, anytime I'm self led, I'm utilizing the IFS model. Even if my client's not "inside".

So what does that mean? Okay. They're really two modalities to IFS. There's what we call insight and what we call direct access. Insight... The capital s is supposed to be self in this slide. Insight means when we develop or help the client develop a relationship between their own self and their own parts, that's insight. So they're "inside" if you will. Okay. Direct access is when people aren't able to do insight. And again, as we go further in this program, you'll learn about folks that sometimes have trouble doing that internal work and how to work with them. But when people's parts can't or aren't ready to unblend yet, we do what we call direct access, which is the self of the therapist to the part or parts of the client. So that's why it's essential that I'm always, or as often as I can be self led when I'm being the therapist.

Now we're going to spend the first part of this training teaching you how to do insight, which is that self of the client to the part of the client. Because it's

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actually, it's necessary for you to learn how to do insight before you can really understand direct access. And truthfully, insight is easier to do because Dick will say, I'm sure at some point during this program, he will say that you need a critical mass of self energy in the room for people to do this.

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And so if my client has some self energy, like can do internal work, I don't, you know, we're creating that critical mass of self energy together, right? If my client's parts won't unblend and I'm doing direct access, I have to bring that critical mass of self energy all by myself, which means I have to know more about using the model. I have to know more about my own parts that may try to take me over. So we'll start with insight and move into, we'll have a whole module in the second half of the program on direct access. Where will, you know once you have a firm grounding in insight we'll move you into direct access.

So what I'm going to talk about today is really an overview of what it likes to do, what it looks like to do an insight session. Again, creating, helping our clients create a relationship between their self and parts in them. Okay. All right. Eric, you want to go to the next slide?

By the way, I have Eric do this because every time I try to do, or whoever's helping me, Eric's helping me today. Every time I do this, I goof it up. So I'm just going to let Eric do this for me because it'll go much smoother for you guys. Okay. So let's, hang on one second. Let me just look here at one of these questions. Okay. I'm going to hold on the questions until we do this. I wanted to see if there was anything particular that needed to be answered before I moved on, but it looks like we're okay.

So let's talk some about then protectors. You know, in the next month's material, we'll begin to divide protectors into two distinct categories for you. One set of protectors are called managers. The others are called firefighters. We need both kinds of protectors and you'll hear about this next month. Neither one is better or worse than the other. But the only difference really between the nature of our protectors is that managers are proactive. They try to keep anything from hurting us. They can't make that happen all the time. And so firefighters, is the other kind of protectors are reactive. They react to keep the pain away once we've been hurt by the outside world. Okay. But today I'm going to talk about just this combined category of managers and firefighters just as protectors, right? Because they're very similar. They have many, many similar beliefs. It's very similar in the ways that you work with them. In fact, it's pretty much identical.

Here's some things about protectors. What you will find is they are dedicated to the jobs they do. They from the very moment that we're hurt by the outside

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world these [inaudible] Just remember back to month one that we all come into the world with our parts either manifest or in the potential to be manifest.



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They come, these parts come to us with a preferred role. They're meant to do something for us in this world. I like to refer to our parts as our humanity. They're what makes us human and what allows us to interact in the world. And so they have a preferred job, but once we are hurt and some part begins to get wounded or is wounded by some big t, little t traumas, some intentional or unintentional wounding, right? We have these vulnerable parts that are now hurt and these, some parts will take on different roles than they were intended to. These protectors will move into these roles of taking care of us. Again, some of these parts will take care of us in ways that will try to keep anything bad from happening again. Some of these protectors will jump in after we're hurt. Okay. So they are dedicated to their jobs. They don't really like doing what they do, but they do it because they love us so much. And because they have concerns about what would happen if they didn't do it. Okay.

The other thing about protectors is they feel like they're alone, right? So in doing what they do. So every protector feels like it has the right answer to keeping us safe. They feel like they have no support at all in what they do because truthfully, when the self is not around, they really don't. They're just in, their just sort of in a battle with other parts that also think they have the right idea. So it's a bunch of people disagreeing on what's the right thing to do. They're just bumping up against each other all the time. They feel alone. Right. And so you can see here, this thing that I said before, that's why I'm not so great at PowerPoint's. You guys, I'll say all this stuff, but I probably won't say it in order, but it'll all be here for ya. They believe they have the exact right answer and they're just going to keep trying it and trying it and trying it, no matter what kind of feedback they get from the outside world. They just keep doing what they do because they are now, they are, they have now been forced into this role and they can't get out of it. So they're just going to keep doing what they do, hoping it works at some point. And it may work in increments, but it's not gonna work all the time, but they'll keep on doing it because of their dedication.

Okay. The other thing about protectors that's essential to know is that they will not stop doing what they do before the exiles they protect are healed. Okay? So what that means is, you know, it's sort of like if I'm an adult and I have a young child, I'm not going to go out on the town and leave my infant at home in the crib all alone and do something other than take care of it. Right? Because I love that. I love that little thing that I protect and love. And so I can't

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stop doing that until I know that young one is healed or not in a dangerous situation any longer. So what we do with protectors is, because we know that, when we start to relate to them, we don't ask them to give up the jobs that they're doing.

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We don't ask them to move into a collaborative role with other protectors, right? We don't ask. We don't try to negotiate and get them to moderate what they do, right? Or explain to them that what they're doing isn't really working. Or to try to help them find another way to do it. It won't really make sense to them on some fundamental level because they have this really young part that they're trying to take care of.

Okay. So next slide, Eric. So when we start to engage with protectors our initial primary goal is just to help our client's self connect with this part, right? So we can begin to learn about it, right? So what we do is, in the next month we're going to teach you a thing called the six F's, which will help you get clear of, find a clear runway into starting out with a new client or an ongoing client actually. But it will be a way for you all to start to find a target part. But what I will say right now is that when a client comes in and has some part that they'd like to get to know, right? Our goal is to help them, help our client's self get connected with that part. So let me just try to think of an example here. I usually do my own parts because they're right there and it's easy to do. So, okay.

So I have a part today who whenever I start these webinars, and especially when I start a new series of them, I get really nervous. Right? In fact, Eric was asking me what my level of nervousness was before we started. And I pretty much always start from this place of terror. And then once I get started, I settled down. But I notice, I do still notice this part of me that's really anxious. Okay.

And so if, if my client came in and said to me, I have this part that gets really anxious whenever I have to, you know, do one of these webinars, you know, I might say to them, well, would you like to get to know that one better? Right? And so if they said yes, like for me, I would start to begin to, I would encourage my client like just notice where that anxiety is in your body, right? So, and this is again, this'll be all explained to you in the six F's. So you'll get tons, tons more information about this next month. So focus on that anxiety in my system and we want to help this part. Remember, if it's a cloud over the sun, right? It's a part covering over my self. We would call that blended. All I'm feeling right now is this part that feels anxious, right? I'm not aware of any of my other parts. I don't feel any kind of self energy. All I feel is the same anxiety. And for me to develop a relationship with it, it has to unblend or separate from me a little bit. Okay.

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So one of the ways that we help parts separate is first might say to my client, notice that anxiety and as you notice it then how do you feel toward it? So we're looking for duality in that question. Right?

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And remember from the material this month that one of the answers that we're looking for is one of the eight C's or one of the five P's. Right? So a little curious about it, wondering about it. I'm interested to know it better. Right? We would, you know, we're looking to begin to develop that self to part relationship.

We're going to focus on this a lot because there are, there are two places in this model that are fundamental paradigm shifts for you guys that are the two places that are hardest for folks newer with this model to sort of integrate into the process. The first place is this creating this self to part relationship. You know, how does the client feel toward the part? Does, is the part aware that the client is there? So you're actually sort of introducing the client's self to this part and the part to the client's self because neither one will know each other at this point. We want to help develop that relationship. And then once that's developed, right, then through this curiosity that the client's self will have, we'll invite the part to let the client self know about itself. Right? Tell this, tell this, you know, you can say, invite them to tell you what they want you to know about themselves. You know, and some of the things that they may want to tell you is what they do. How they came to do that, what works about what they do. Is there anything that doesn't work about it? Do they like doing what they do, right? Um, or what parts of their job do they like? What parts of their job don't they like? So we're just really trying to get a sense of, it's really just about listening to a part that hasn't been listened to in probably forever. Right? It's just, it's been doing its job. Remember it's been doing its job alone. It doesn't feel like there's anybody there. It maybe gets criticized. Sometimes it maybe gets praise sometimes, but it doesn't feel listened to.

No matter what the actual outcome of this protector is... Like a protector. Like my anxiety. Like if I focus on my part right now and I listened to it, it's telling me that it really, really wants me to do a good job like it wants you guys to get this. And wants you guys to like love this model the way I do, you know, well if I'm really truthful, there's a piece of it that wants you guys to like me, you know. So there's that tied up in there also. Right? And so I can hear that. However, the truth is, if this part is running wild or if it's blended with me, none of those things happens because if this part that wants so much to do a good job takes me over. It's also really anxious and it keeps me from being able to think, right? So it's much more here. It shuts my brain down a little bit. So I can't really think very well.

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What's true also about most protectors is the thing that they're trying to achieve for you can't, doesn't really happen.

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There's an outcome that's very different from their intent, right? The intent of this part would be to help me, the outcome if it's blended with me is it's not going to be very helpful at all. It's, this is going to be an anxious mess. Right? So that's another thing that we're listening for here is what's the real intent of any one of these parts, right? Because every part has what we would call a benevolent intent. It's trying to help us. Even the most dangerous of protectors, even protectors that are suicidal, right? That would be a firefighter. Their intent is to help us generally something around stopping all the pain that's inside of us. Right? So we're

listening for what's the intent of that protector. Then once we know that we can begin to change what happens for, okay? So can we go to the next slide Eric?

Okay. Some of the essential things that we've already talked about here is this. See I told you guys I'd cover all this stuff and then the slides would be, but it's all here. So anyway. You want to establish that relationship with the part. You want to deepen that relationship. How do you feel toward the part? This is hard for us because we're used to being, the, you know, we're used to the relationship

being between us and our clients. And so we're working to create this relationship between the self of the client and the part of the client. We want to learn about the intentions of this part and begin to appreciate it. You can go to the next slide, Eric.

Then once we know that this is essential. This is the next step that is often missed, right? The creating the self to part relationship and then this hope merchant step. The next thing we want to do is find out about the fears and the needs of this protector. And so once we know all, as much as it wants to tell us, we want to make sure to ask it or have the client ask it, what are you afraid would happen if you didn't blank? Right. So we might ask my part like it would say something like I really need to stay focused. I need to, I need to pay attention to everything. I need to know what's going on. Right? Which is what that anxious feeling is. And then I might ask my part like what are you afraid would happen? Right. If you didn't do all that, if you didn't focus on everything using its language as much as I could. Okay. Like what are you afraid would happen if you didn't do that? Not, again, not because we're trying to get it to stop doing that, but because we want to know, that question will tell us either what this part protects. Right. Okay. Or sometimes even what it works in opposition to. But we'll talk about that further on. There's often a couple protectors that protect the same thing and they're often in opposition to each

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other about how to do that. But this question will tell us what this protector is protecting. Right? So mine might say, if I didn't focus on that stuff, I wouldn't do a good job, you know?



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And then I might say, well, if you didn't do a good job, what would be bad about that? And just keep asking that until my protector would ultimately say, you know, it would say stuff like, you guys wouldn't learn. You know, then, you know, I would do a bad job and then I would feel what, what it tracks down to me is some exile in me that would feel worthless and not good enough. Right. So we know that ultimately this protector that's so busy in me, that gets so anxious, is trying to keep me from feeling like I'm not good enough. Right? That's its ultimate desire.

Now, now we can offer this protector the chance that something can be different. Remember, these protectors aren't going to want to change just because we've listened to them and they feel like we understand them and they feel like they're not so alone anymore. They need to know that that little child, that little infant, that they're taking care of, that we can do something to help it. Right? So that then this protector would be free to go back to doing what it was originally intended to do. Okay. And this is the phase that we call the hope merchant, right? So we now know that this protector is trying to keep me from feeling like I'm not good enough. So my client or my therapist might direct me

to say to my part, what we have here, just let your part know, like what if we could go to that part that feels so not good enough and heal it? Would that be helpful to you? We're offering it a possibility that something can change. And in this phase we want to repeat the exact, we... Another thing about IFS is we don't interpret language that our clients use, we just, we just parrot back what they say as much as we can. For me, what if your part didn't, we go to this part that doesn't feel like it's good enough and heal it so it wouldn't have to feel like that a new longer? Would that be helpful to you?

Okay. So Eric, if you want to go to the next slide. We're almost done here guys and we'll go to questions. Okay. Now the protector may say, yes, that would be great. And if the protector says that, we simply ask it to step back, right? We ask it to unblend all the way and leave our field of awareness so we can, uh, connect with whoever comes next. Okay. If the protector says no, I don't know. I don't think you can do that. Early on, especially protectors will say, I don't think you can do that. That sounds crazy. Or how are you going to do that? There are common concerns and common fears that protectors have and in the next couple of months we're going to teach you ways to deal with those common fears, to address those fears. But what you do if a protector says no is you continue to have the client's self engage with it so that it can be reassured. Its fears can be answered. Okay. And once its fears are answered, it can step

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back. And, again, this is like leaving the field of awareness and letting either the exile come next or whatever.

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Here's what we know is true, whatever part needs to come next will come up next. Right? This is another place we trust the client's system.

So that's an overview of protectors and how to work with them. I think the next slide's questions... Right Erik? Yep. So if you want to turn that off while I answer some questions that probably would be good. I'm gonna get out my glasses here and start with some of your questions. Okay.

Okay. So Suzanne asks, "how can you tell whether feelings such as frustration are coming from an exile or a protector?" Well in general, frustrated parts are generally protectors. But let me see, how do I want to say this? My brain's gone. My helpful brain is now trying to help and it's telling me a million different things. So hang on, let me help him unblend a little bit. You know, I would start with the assumption that frustration is a protector. The other thing that I would say is, as any part comes up, as you ask your client, how do they feel toward it, make sure that, you know, you're getting one of the eight C's or the five p's, right? If it's something different than that, some other part, it's not a self to part relationship, it's a part to part relationship. We need to ask, you know, ask who's ever here to unblend until we can get to a self to part relationship. And then once, you know, once you help the client get into that self to part relationship. As you continue to listen, the client listens and reveals to you what's happening. You'll get clearer and clearer about whether it's a protector or an exile. Exiles are, they will have a young vulnerable component to them, right? That most protectors won't have. The other thing, and this is a teeny bit advanced right now for you guys, but I'm going to say it anyway. If you ask a part what are you afraid would happen? Remember what we were just talking about, that what are you afraid would happen if you don't do what you do? That question will make no sense to an exile, right? Only, that question will only make sense to a protector. And I'll give you more details about why that is. But that's a good, uh, you know, that's, that can be another way of checking.

Okay. "Hi Pam. I'm wondering if most body sensations or symptoms are trail heads? Also if the trail head is an angry part and all you're getting is anger, how much do you get under that or through that? Thanks so much." Okay. So yes, all body sensations or symptoms could be considered trail heads. So this is a little sneak peek at the six f's guys. Our parts live in our bodies and they will take advantage of what's ever in our body to get our attention or to make

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something happen. And so when you start with the success or one of the best ways to start with a client is to have them just scan their body and notice what they're noticing, what's there. Like what's there, what's calling to them.

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And it might be, it might be thoughts, it might be body sensations and they can begin to focus on that. Like just let your awareness be on whatever. Like for me, I had that anxious sensations like kind of right around in here, right? So I can just let my awareness go there. And as I get slightly aware of that anxiety, I can see how I feel toward it. Right. And so again, little preview much more about that next month. I hope this isn't too frustrating. Sorry guys. But we kind of have to, we'd get off on all these tangents that would be, so it would be much more confusing. So sorry, you're going to have to wait a teeny bit on that. Okay.

So here's a really interesting question. Okay. From David, "There is a danger that self gets so much worship that parts are felt and seem to be mistakes or flaws. Both self and parts are needed and necessary." Correct. David, I'm so glad you asked that question because I will say this a million times, well maybe not a million, but a lot of times during this program and that is the self is not better than the parts and the parts are not better than the self. Okay. There is a concern for me that especially when we're learning this, it's actually our parts that hear or some of our parts that hear that the self is better. And that's why, you know the self is, is this is to me and Toni and Dick may say different things to you, but to me the self feels like a very spiritual place, right? It has a whole, it has a whole different energy but it feels spiritual to me. And again as I said earlier, my parts are my humanity, right? And we're not meant, I don't believe, we're not meant to be what some people will call in self. Like I don't, I don't know what that means. That's not something that I can really achieve unless I'm, remember in self would mean all my parts have unblended so that none of, I'm not really aware of any of them. Okay. Remember this is a model of subtraction. The self is what's left when the parts are subtracted or unblend, right?

Sometimes when I meditate I can do that. Not always but sometimes. But when I'm out in the world what I want is to be self led, meaning that I'm in relationship. It feels like a flow to me. I'm myself is in relationship with my parts. So the self is a resource for the parts and the parts are actually a resource for the self. Like my parts are always giving me information. Right? And the difference is we want to work in relationship with our parts rather than having one part take over then another part take over. So they're both entirely necessary. Neither the self nor the parts are better. The goal is to have the self supporting the parts and the parts supporting the self. So it's a, it's a great question. Great, great question. Okay.

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Pamela Krause: Julie says, "isn't asking protectors to take a step back or turning their intensity down a way of asking them to moderate their behaviors?" Okay. So what... I'm not a hundred percent sure what your question is here, Julie. But I think what I want to say is when parts are fully blended, we feel them completely okay. When they unblend we can still feel them and we can feel toward them. Okay. Sometimes when parts are really blended, it can invite other part, it can make other parts really nervous. And so we might have to ask a target part to just unblend a little bit more. Right? We're really not asking them to moderate. We're just asking them to maybe take a step further away, not be quite so blended. Because the benefit of that is that we can actually hear them better when they're a little less blended. Because if other parts are getting scared by it, right. We can't, we can't really hear them. So we're not saying, I'm not actually saying settle down. I'm saying, can you just unblend a teeny bit more so I can hear you better? So if you're still, you know, it's a concept that can take a little while to get. So hang in there and I think next month you'll have even more information about that.

Nicole, "How can we find out what our protectors real role is when there is no exile to protect?" You mean what its intended role was? You know, sometimes you can ask a part like a protector. If you could do anything you want to do, what would that be? And sometimes sometimes they'll be able to tell you, here's what I'd rather do. Sometimes they can't do that and you don't find out what their intended role is until the exile unburdens. You can find out what their intent is in trying to protect though. And those are two different things, right? The intent is about like, remember mine was the intent of my part in it's more wounded state was to keep my exile that doesn't feel good enough from being triggered. Okay.

Okay. So Carol asks, "how do you feel toward the part who is the you?" Well that's a really good question and we don't know until we get the answer right? So that question is really to find out whether or not we have a self to part relationship. So if someone's, if I say, how do you feel toward it? And I get one of the eight C's or the five p's, I know the you that's answering is the client self. If I say, if I say, like in my scenario, someone says, how do you feel toward this anxious part? And I go, I hate it. I wish it would just simmer down. The you that my therapist was asking turns out to be a part that's tired of this anxious part getting so nervous all the time. So we don't know who the you is until we get the answer. Okay. I know it's really, it can, it's, it's just a way of

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discriminating between finding out whether or not there's any self energy there.

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Pamela Krause: Right. Okay. Liking, sorry, hang on. When sometimes I'll take things away and my questions flip around. "Liking relationship, liking relationship development, self protector part, but how do, how to develop proved trusts that has long?" Okay. So I think your question is how long does it take for these parts to trust the self? It depends. It just depends. Folks who have had more intense, severe trauma, it can take their protectors and their exiles a lot longer weeks, months, years to trust the self. For folks with less trauma, protectors can start to trust the self very quickly. And, and it's if you all follow those steps, how do you feel toward it? Listening to the part, creating, making sure you're creating that self to part relationship, finding out what you're afraid would happen if they didn't do that. And you know, offering the possibility of change. If you follow those steps, the relationship will develop as quickly as possible. For some parts, again, with more wounded systems, you can be stuck or focusing on that self to part relationship for a long time. Okay.

Okay. Hang on, let me see. Oh, Sarah's is asking "what are the five p's?" I know it's in some of your handouts, but let me see if I can remember them. Shoot, persistence, perspective, presence, playful. I can't remember the other one. I know it's in the materials, so and if I can think of the other one, I'll let you know. But I already, I have such a hard time. I can't remember the eight C's either guys. Sorry.

"Is there always a benevolent intent or are there other intents?" There's always a benevolent intent in a part, always, always. We just may not be able to see it. This is what, when you guys learn about firefighters, you know, especially next month, it will often appear that firefighters don't have a benevolent intent. Like they're just, you know, firefighters are parts that are like addictive parts. They can just rage full parts are firefighters. They can look like they're just trying to hurt someone else or the client. But if you can stay open enough to them and curious enough to them, they'll eventually let you know what they're benevolent intent is. I'm going to do a couple more questions and then we're gonna. I'm gonna talk a little bit about exiles.

"What if a protector is so unblended that the client cannot comprehend the concept that he is separate from his anger?" Always so blended. So the anger is who he is. Yeah. You know, that actually, how do I want to say this? That's probably someone that you need to do some direct access with. When parts are so blended that they won't unblend, that means that the part that part



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needs, before the concept of unblending can even be considered internally in this client.

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They have to trust the therapists and the self of the therapist enough that they can begin to unblend. So my suggestion to all of you at this point is if you're starting to experiment with this model, start to experiment with people to whom it makes sense. Okay. So people who can kind of get the concepts of, you know, that do kind of understand unblending, that it's not such a difficult thing for them to conceptualize. And as the program goes on, you'll get better and better at working with the folks who don't have that ability right now. But yeah, so that's gonna come later on. The direct access thing, I think is month. Let me think. Month eight, there's a whole thing on how to do direct access. So sorry to have to put you off. But, you know, it's like when you're learning how to ride a bike, you know, you first ride with training wheels and you go like on the easy roads first. Get your skill level underneath you a little bit, you know, get a little more familiar with the model before we move into the people who are a little bit more challenging. Okay.

Let me, let's go do some exile stuff and the more answer, I'll answer some more questions. Okay. So, Eric, if you could, oh, let me move this. Okay. So let's say now we've created a relationship with protector. We've, normally what will happen in the kinds of clients we're talking about. Now again, I'm talking about someone to whom insight make some sense, right? You know, they're not one of those folks who's stuck in a place where they feel like I am my anger, my anger is me. Right? So what will generally happen is you will engage with the protector. You'll do all those steps we talked about. The protector will step back. Another protector will come up. You'll do those steps, but you'll go through a series of protectors and then eventually, and you'll do those steps with everyone that comes up, right?

Eventually what will happen when a protector steps back is an exile will come up, okay? The next part in the sequence will be an exile. Okay. And exiles are the parts that are carrying the pain from all the trauma or the attachment wounding that happened to us. Okay. It can be big t, little t trauma. These parts are often very young. I've worked with exiles that are, were actually preborn because the an exile is stuck at the point in time where it was originally wounded, right? And so I've worked with folks who have, you know, who were unwanted children and they picked up some burdening this exile picked up some burdening in utero about not being lovable and not being wanted. So they can be that young. Okay. But as they show up, you know, their certainly

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young children, okay. But wherever they're stuck. That's, so like if it's, if this part was originally wounded when it was a year old, right, it will show up in that way. It will be a year old and it will have the brain development of a year old child. And so it will probably be pre verbal. Right. And so they're just young, right.

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And like any young child, they cannot be reasoned with. You know, like if you have a crying baby who's hungry and wants to be fed, it's not going to be soothed by someone saying to it, it's okay. I just have like five more minutes of stuff to do and then I'm going to feed you something. You know, it's just five more minutes. They don't have, they can't understand that. So they can't be reasoned with. They can't be talked out of what they're feeling, which is what a lot of our protectors try to do. And also people around us try to talk to our exiles out of feeling what they feel.

But these things have happened to these parts. They carry these feelings of being unloved or worthless or undeserving, right? And we call these beliefs, feelings, sensations that they have, we call them burdens because, you know, you'll hear Dick talk about it. It's like a virus. Like again, these parts were young, playful, very creative parts are often the ones that get to be the ones that are exiled and they get shamed or humiliated or rejected. And so they begin to believe that they're unlovable and that they're worthless and that they're undeserving. They will start to have all these feelings. It's like they take this virus into their system and this is now what they see and what they believe, right? So they feel, they often feel terror or extreme loneliness, right? They can show up as sensations, like a pit in the stomach or a hollow feeling or detached. Right?

So that I'll often have people say, you know, like I feel like, this part feels like it's, you know, especially people from my generation like is doing a spacewalk. Like it's at the end of this really long tether, but not really. Oh. And I see autocorrect corrected that to feather, not tether. Sorry guys.

Anyway, if you want to go to the next to the next slide. So initially when you're connecting with an exile, it's exactly the same thing as you would do with the protector, but the pace is a little slower, right? Because they're young. They've been pushed away for a long time. So it's very important to establish and deepen that self to part relationship. And again, there's going to be a whole month on how to witness and unburden exiles. This is just the overview for you

guys. We'll fill in a lot of these blanks in much more detail in a couple of months, but it's, it's exactly. Oh and another, sorry guys, that should be unblend and not unblind. Holy smokes. I did, I did spell check. But that doesn't do auto correct

for words that are real words. So what will happen is, again, how do you feel toward this part and how does it react to you? This phase of letting the exile

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connect with and develop with the client's self is a slower pace than it would be with protectors. Sometimes it can happen fairly quickly with exiles in a matter of minutes. Sometimes it takes a much longer time. So this'll be a step to really linger on for as long as that, as long as this young part needs.

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Okay, so we're establishing the relationship, making sure that it's not fully blended with the system. Right? If it's fully blended and the client has no feeling toward it, the feelings of this exile will flood the system. That means that's all the client will feel. So it's really important to create this duality, this relationship between self and the part for as long as it takes.

When the part feels safe enough, you'll hear Dick say in a lot of his videos, just stay like that with the part and until it feels like it can trust you a little bit. So that's a really good, that's a phrase I've stolen from him for a long time now. You guys can experiment with that. And then once the part feels a little trusting in the self, it will begin to tell its story. And that is what every exile longs to do is to tell exactly what's happened to it. Because it's never been able to do that. As it tries to tell its story, it's either been told that it's wrong, told that it's too much, that it shouldn't have reacted in the way that it did, that somebody else would have reacted differently, that it's flawed for reacting the way it did. Or it's actually overly loved, like overly taken care of in a way that makes it feel like it has to feel better right away. That its feelings are wrong. Right? That's all some of the things that protectors do. So that, so that witnessing or hearing the story of these young parts without anything needing to change without it needing to feel better, without it needing to be different than is profound for these parts. And they all tell their stories in different ways. Some of them actually show scenes and there's images. Some of them it's just body sensations. Some of its feelings. Some of its thoughts. It just depends. And remember how I said a few minutes ago that um, the, it, you know, the part is the age at it stuck in time at the age where it's wounded. That's important because that will determine how this part conveys how it's wounded. All right. So if it's pre verbal or, I remember working with a client who was wounded before, she was three months old so there were no images cause you know, really young babies have they can't see very far in front of themselves. So it was, it was blurry and there was no image, but there was, there was complete awareness about what happened. Okay.

So the client witnesses the exile in whatever way it needs to be witnessed. And then once the part feels fully understood, right. So once it feels like, the question will be for the client to ask their part, ask this part if it feels like the client really gets it now, really gets what happened to it. And when it feels fully

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understood, it can let go of these thoughts, feelings, beliefs, emotions that it has about itself. And that's what we call unburdening. And again, one whole month of this program is devoted to the unburdening process. We will walk through it step by step by step with you and give you all the details about how to do that.

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Pamela Krause: Okay. So once an exile is unburdened, then the protectors can be free to go back to what their original job was, what their original role was. Okay. They may do that and remember they've taken on burdens too that makes them behave in this particular protective way. And so what happens is when an exile lets go of its burden, sometimes these protectors just spontaneously unburden. They just spontaneously let go of their burdens, okay? Most of them take a wait and see approach. Like they'll go like, well that looks really great, but I just want to see what happens. Let's see if you don't get as triggered in the outside world now. Then some parts, some protectors actually have to be witnessed and unburdened just the same way in exile is. And again, we're going to spend, there's a whole month, I think it, let me think about this. It's month 10. The entire month focuses on what to do with protectors, it's really called integration, like how to integrate the change once the exile is unburdened, how you integrate that change into the system. So tons, tons more details on that coming also.

Okay. So Eric, I think that we're to questions again now. Yep. So I've got, I've got a little less than 10 minutes left. I'm going to answer some more of your questions. Okay. So there's a quick question from Natalia. "Do I have any readings or suggestions for working with little kids?" I'll just answer this really quickly. There's a chapter I wrote in "Internal Family Systems, New Dimensions", which I think is pretty good. So I would start there. There's also another book written by Lisa Spiegel on using ifs with kids and one written by Arthur Mones, M. O. N. E. S. On working with kids and families and you can find all those on the CSL website. I'm trying to find the questions that are most relevant to what we've been talking about today.

Okay. So Lindsay says, "Often I will mention that all parts have jobs." Oh God. But the question is, "is the part helping or hurting with that job?" Is that appropriate? No, that's not something I would ask because, every, again, every part, there's no bad parts. No parts are good parts. And no parts are bad parts. No parts are helpful and no parts are hurtful, right? They are parts who are doing what they've been forced into doing. They were forced into roles to protect an exile. They see no alternative to what they do. Okay. And so asking whether they're helping or hurting automatically creates a barrier between you and a whole bunch of protectors in that system. Because if I'm a protector that gets labeled as one of the ones that's hurting, I'm going to be not very interested in talking to anybody about that. So I would, I think a more helpful



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question might be all parts have roles and I'm wondering how this one sees it as protective. How is this one trying to protect you?

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Because here's the other truth, you all, and we'll talk more about this as we go on, but every single protector, I don't care if it's one that looks incredibly, incredibly helpful, like to my manager brain would say that's a really good part to have. Every part creates exactly what it's trying to keep you from feeling every single one, even the most helpful. Even the parts that look the best have exactly the same impact as the parts that look the worst. So that's why every part is helping and hurting at the same time, if you want to use that language.

Okay. Okay. Some of these, I already got. "Are exiles ever without a protector?" No. No, they're not. All exiles have protectors. That doesn't mean that there aren't some people that walk around in the world with their exiles exposed all the time. You know, sometimes systems are so traumatized all the time. Like I've worked with clients who basically walk the world with their exiles exposed. They have protectors in there, but the exile has just so taken over the system there's no way for the protectors to get any purchase. So they're there. Every exile has at least one protector and probably more.

"Pam have you healed the part of you that does feel good enough because you experience anxiety?" Yes. Look I've done, so this is, this is often a question like, well, does this really work because you're still feeling that? The difference is so, so let me say it this way. Okay. When a situation arises that creates anxiety for me before, or the sense of not good enough, before I had unburdened that part I would feel the worthlessness and not good enough from today's event and from every event that happened before in my life. So it was this huge overwhelming flood of worthlessness. Okay. I've unburdened that part a lot, right? Now the confusion sometimes for people is that when we unburdened parts, the belief is that they will never feel that way again, right? They'll never feel not good enough. They'll never feel any of those things again. And that's not true right. There, we're human and there are going to be times when we're going to win. Our parts are going to come up and go, oh my God, I hope I'm good enough. I'm hope I'm up to this. Right? The difference is that because it's unburdened, it's feeling it just about this Webinar, right? So it's, it's a flutter in my stomach, not this huge overwhelming feeling that I can't get out from under that makes this anxious one takeover and like, just... That one's like, I always say it's like a rat on crack. It just go, go, go, go, go. Right? That one wants to do a good job. Right? So first of all, it feels like a flutter in my stomach. Second of all, it now has a relationship with me. So when it starts to get activated, it can come to me. It's no longer exiled and alone, it's with me. So it's not really an

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exile any longer, say young part that really, really, really, you know, wants to do a good job also. And so I can be with it and reassure it like it's going to be okay.

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It'll be fine. You know, everything's gonna be okay. So while I can still feel these parts and I can use them to describe what's happening, they all have a relationship with me, so they don't take me over any longer. They just come to me and I can reassure them and then hopefully do this well enough that you guys are learning something today. So yeah, I've healed that one a lot.

There's a lot of questions about direct access that I'm going to just hold off on you guys. Hang on, let me go to that. "Are there, is there more than one exile?" Yes. I don't know how many, but most people have more than one exile.

"Does the self know the role of the parts or just the parts know their roles?" No the self, the self doesn't know the role of the parts until the parts tell them. Okay. But the self values the parts.

Okay. "In that second to last answer, did you mean parts that are an extreme roles not your average part..." I don't Annie, I'm sorry. I don't understand what you mean by that question. Sorry.

Okay. This is going to be our last one. "What's the difference between unblended and unburdened?" You guys ask really, really, really good questions. I'm so sorry I cannot get to all of them. Okay. Unblended means. Okay. So, so for people who don't have any awareness of their self energy, what happens is, is they walk through life with one part or another being blended with them. Okay. So like if I'm feeling particularly chipper someday there may be like a really chipper part blended with me. If something happens and I get really triggered by something and I get, you know, an angry protector has to come up. I'm just this angry part. This part that feels angry, takes over and I see through that angry parts eyes and I hear everything. I'm just, it's completely taken over my system. That's what blended means. One part has completely taken over my system and a series of parts will do that. I have no control over it. My parts are reacting to the external world. That's if I don't have any awareness of my self energy, or you know any, if I haven't done any IFS for most people.

Okay. Unburdened means we have connected with a part starting with an exile that has mistaken beliefs about itself that has learned through trauma, that it's unlovable, that worthless. All those things we showed before. So it's got these mistaken beliefs that we call a burden. It's like a virus in its system. And

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through listening to that part, witnessing it, understanding it, it feeling connected to the client's self, it can let go of those mistaken beliefs and feelings.

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That's what we call unburdening it. Lets go of that so that it can return to its, its also returned to its natural state of who it was.

So, all right guys, we're at the end of our time. Thank you so much. It's been great spending this time with you. I'll see all in July and have a great start to your summer. Bye Bye.